



INSIDE POW



7th Infantry Division soldier survived the ordeal of being a POW in Korea.

See Page 21

Kit Carson



Fort Carson soldiers travel to New Mexico

Fort Carson is finalist in Presidential Quality

by Nel Lampe
Mountaineer staff

A 47-member Board of Examiners met at Headquarters, Department of the Army, to select organizations to compete for the year 2000 President's Quality Award program.

The 7th Infantry Division and Fort Carson, is one of six finalists selected. Fort Riley, Kan., was the other Army post selected.

Other finalists include Rock Island Arsenal, Ill.; Tobyhanna Army Depot, Pa.; U.S. Army Armanent Research, Development and Engineering Center, Picatinny Arsenal, N.J.; and White Sands

Missile Range, N. M.

The Presidential Award for Quality is the federal government's equivalent of the Malcom Baldrige National Quality Award given for quality recognition in the civilian sector.

In order to have applications forwarded to the Office of Personnel Management, nominees must be recognized as federal organizations that have improved overall performance. The organizations must also have demonstrated a sustained trend in delivering high quality products and services.

The six finalists' applications will be forwarded through the Secretary of

Defense's

Fort Carson was selected in 1999 for the Presidential Award for Quality.

"It's 'kudos' to be selected for the award," said Becky Bay, manager of the Reinvention Center.

"The process is tedious about the award," she said. The work is expected to be completed by the quarter of 2000.

"Return with Honor"

Film tells Vietnam POW story, shows

by Air Force Staff Sgt. Roel Utley
Academy Spirit staff

A documentary entitled "Return with Honor," which relives the tortuous times Vietnam prisoners of war encountered after being shot down, will be shown, starting tonight at the Kimball Twin Peaks theater, 115 E. Pikes Peak Ave.

The film was the dream of the Air Force Academy class of 1965 and made possible by the Air Force Academy Association of Graduates and a grant from the Boeing-McDonnell Foundation. Filming began in 1997 and was finished by 1998 on the 25th anniversary of the POWs' release.

"Return with Honor" is a film that delves into the power of the human spirit and the human will to survive. It's a touching and almost heartbreaking account of the atrocious conditions American aviators endured in the nearly nine years of captivity. But the striking aspect of the film is the calm with which the former POWs tell their stories. The

class of 1965 approached the American Film Foundation about producing a film on the first-hand accounts of pilots shot down and captured during the Vietnam War. The class of 1965, as part of a class gift, had already compiled an oral history of Academy graduates who had been prisoners of war. This oral history prompted the idea of making a motion picture recounting those experiences.

The pre-production of "Return with Honor" started in April 1997 when Oscar-winning producers Freida Lee Mock and Terry Sanders went to Hanoi, Vietnam, to do research on the infamous "Hanoi Hilton" as well as other incarceration locations and search through Vietnamese government photo and film archives. The production team received unprecedented cooperation to film in Hanoi. The team was allowed access to film footage, never before seen, of American pilots being shot, captured and in captivity, filmed from

Commander's Corner

Today marks National POW/MIA Recognition Day



Soriano

"As soldiers, each time one of us goes into a hostile situation, the possibility arises that we could become a POW or MIA."

Today is National Prisoners of War/Missing in Action Recognition Day. It is a day that has been set aside to honor America's prisoners of war and those still missing in action.

In 1984, President Reagan said that America would never abandon its efforts to account for those missing in action. "We write no last chapters," he said. "We close no books. We put away no final memories."

Today we fly the POW/MIA flag over the Mountain Post to remind us all of the sacrifices soldiers, sailors, airmen and Marines have made over the years. We need to make sure that there are no final memories.

There are families who have never known what happened to their loved ones, wives who have never known the fate of their husbands.

With the advent of high technology processes, we can now identify remains that were previously

unidentifiable. Families can finally come to terms with their grief. But it is not over.

There are still 2,054 unaccounted for from the Vietnam War alone. Some people will never be found, but many will.

Just this past week, the possible remains of four servicemen were returned to Hickam Air Force Base from Vietnam. Earlier this year, the remains of 10 members of a flight crew, which was shot down over China in World War II, were returned. Each effort takes us closer to bringing the last American home.

As soldiers, each time one of us goes into a hostile situation, the possibility arises that we could become a POW or MIA. Earlier this year, three soldiers out on a routine patrol in Macedonia were taken prisoner in Kosovo. Fortunately they were returned in a very short time. But each of us needs to remember that he or she could be next.

Each of us also needs to remember the Code of Conduct. Just as the Army's values are a way to live your life, the Code of Conduct is a way to live your life as a soldier. The stories of those who have been captured and lived by the code are inspiring.

Each of us should take the time to sit back and think about these simple six articles and how important they are to us, to our families and to our country.

Mission first ... people always ... one team.
Bayonet!

Maj. General Edward Soriano

*Commanding General
7th Infantry Division and Fort Carson*

Code

I I am an American. I will guard my country and my fellow Americans from all forms of enemy attack, even at the cost of my life. I am proud to serve my country and to give my life for it.

II I will never surrender to the enemy. In command, I will lead my men and women to resist.

III If I am captured, I will accept all means available to escape and to aid my fellow Americans. I will not accept parole or other special treatment.

IV If I become a prisoner of war, I will continue to fight with my fellow Americans. I will not give up my faith with my fellow Americans. I will not give up my information or take any action that might be harmful to my country. If I am a senior, I will take care of the lawful orders of my superiors. I will back them up.

V When questioned, I am required to give my name, number, and date of birth. I will not give further questions to the enemy. I will make no oral or written statement to my country and my cause.

VI I will never forget my duty to my country and my fellow Americans. I will fight for freedom and dedicated to the United States of America.

Sound Off!

What does POW/MIA Day mean to you?



Pfc. Stephen Crary
Veterinary Command
"It represents a day of remembrance of what we believe in."



Myles Davis
Retiree
"It shows how the government is interested in getting its soldiers back from other countries and lay them to rest here."



1st Lt. John Roub
4th Finance
"It's a day set aside to remember those soldiers who've sacrificed so much for our country."

NEWS

Pikes Peak Region YMCA announces new affiliation with armed services

Armed Services YMCA

The YMCA of the Pikes Peak Region announced it is establishing an affiliation with the Armed Services YMCA so that it can better serve the needs of local military personnel and their families. The new affiliation began Sept. 1. To accommodate this change, the United Services Organization of the Pikes Peak Region was dissolved July 31.

"The USO's mission has traditionally focused more on single soldiers. Our programs and services through the USO of the Pikes Peak Region have always been more targeted at military families, which is exactly the mission of the Armed Services YMCA," said Bob Sheets, president of the Board of Directors. "This affiliation change allows us to better serve this community by taking advantage of the programs already developed by the Armed Services YMCA."

The Armed Services YMCA was established during the Civil War and has continued since that time. The organization currently has more than 60 program centers around the world.

Its goal is to provide our nation's military people the quality-of-life support they need to build solid career and strong families and to help them establish a secure place in the communities

where their military duties take them.

Some of the services offered by the Armed Services YMCA include quality and affordable childcare, networking opportunities for spouses, outreach programs to assist new parents and support programs for families who find themselves separated because of military deployments.

"The bottom line is having quality programs and services for our soldiers and their families. As long as there are (programs), it doesn't really matter what the name is," said Maj. Gen. John Riggs, former commander of the 7th Infantry Division and Fort Carson. "The local military community is very supportive of this change and it should mean even better services for our local military families," added Riggs.

The programs and services offered through the new affiliation will be headquartered at the YMCA's new Southeast facility, scheduled to open in 2001. Until then, an office will be opened in southeast Colorado Springs to coordinate the various programs. All three local YMCA facilities — Downtown, Garden Ranch and Briargate — will offer the programs provided through the Armed Services YMCA affiliation. For more information about military family programs, contact Ted Rinebarger at 329-7223.

The YMCA of the Pikes Peak Region is a nonprofit organization dedicated to helping strong kids, strong families, and strong communities through a variety of services. The main facility is located at the Downtown facility,

Services of the Armed Services YMCA

- Quality and affordable childcare
- Networking opportunities for spouses
- Activities and programs for servicemembers living at military installations
- Singles centers
- Support programs for military children
- Airport hospitality for military members and their families
- Outreach programs for military families and single service members

Road to Honor

Name: Keith L. Ware

Rank: Lieutenant Colonel

Unit: 1st Battalion, 15th Infantry, 3rd Infantry Division

Conflict: Near Sigolsheim, France

Date of Action: Dec. 26, 1944

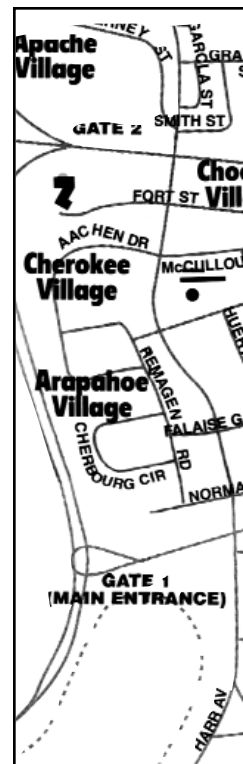
Citation:

Commanding the 1st Battalion attacking a strongly held enemy position on a hill near Sigolsheim, France, on Dec. 26, 1944, found that 1 of his assault companies had been stopped and forced to dig in by a concentration of enemy artillery, mortar and machinegun fire.



The company had suffered casualties in attempting to take the hill. Realizing that his men must be inspired to new courage, Lt. Col. Ware went forward 150 yards beyond the most forward elements of his command, and for 2 hours reconnoitered the enemy positions, deliberately drawing fire upon

himself which caused the enemy to disclose his dispositions (sic). Returning to his company, he armed himself with an automatic rifle and boldly advanced upon the enemy, followed by 2 officers, 9 enlisted men and a tank. Approaching an enemy machinegun, Lt. Col. Ware shot 2 German riflemen and fired tracers into the emplacement, indicating its position to his tank, which promptly knocked the gun out of action. Lieutenant Col. Ware turned his attention to a second machinegun, killing 2 of its supporting riflemen and forcing the others to surrender. The tank destroyed the gun. Having expended the ammunition for the automatic rifle, Lt. Col. Ware took up an M1 rifle, killed a German rifleman and fired upon a third machinegun 50 yards away. His tank silenced the gun. Upon his approach to a fourth machinegun, its supporting riflemen surrendered and his tank disposed of the gun. During this action Lt. Col. Ware's small assault group was fully engaged in attacking enemy positions that were not receiving his direct and personal attention. Five of his party of 11 were casualties and Lt. Col. Ware was wounded, but refused medical attention until this important hill was cleared of the enemy and securely occupied by his command.



Ware Street runs north-south and intersects with Harb Avenue.

Community

Evans receives new digital X-ray machine

by Spc. Cecile Cromartie
Mountaineer staff

The radiology department at Evans Army Community Hospital recently received an X-ray machine that will not only make work for employees a lot easier but patients' X-ray appointments much quicker. The EasyDiagnost, a state-of-the-art, digital X-ray machine, enables Evans' radiologists and X-ray technicians to perform numerous tasks at the push of a button.

"With this machine the doctor can overview everything right in the room. So if it (image) was too light you can darken it and if it's too dark we can lighten it as well. The doctor can zoom in on one particular part of the image for a closer look. Before, the doctor had to take a magnifying glass and look at the actual film — now you can do all that right on the screen," said Eileen Thomas, EACH radiographer.

The EasyDiagnost is not only extremely efficient, it's also safer for patients and technicians, said Thomas.

"If we were doing pictures on a patient before and they came out too light, we'd have to shoot it all over again. And now we don't have to shoot it all over again so there's less radiation that the patient and the technician are exposed to, which is really good. Digital is great," she said.

Because digital is safer and much easier to work with, the entire radiology department at Evans could be upgraded in one to two years, Thomas said.

"As technology is increasing, the medical community worldwide is heading toward what is known as 'virtual radiology.' (This means) we will not use the film, everything will be computerized, everything will be digital. Radiology determined the need for new equipment because of increased technology, as a cost avoidance measure and once radiology determined the need, they then submitted an acquisition package to logistics," said Chief Warrant Officer Morris Tolly, Chief of Equipment Management Branch, Logistics Division, Medical Detachment Activity.

After more than two years, the radiology



Specialist Tamara Gipson, X-ray technician, Medical Detachment Activity, uses the Philips EasyDiagnost digital X-ray machine on a patient.

department was approved for funding and was able to receive the \$372,362.91 piece of equipment this month, Tolly said.

"We (logistics) review the package, help them prepare that package and then it goes up to our National Medical Command Review team that reviews radiology requests worldwide. It was a part of a Technology Assessment and Requirements Analysis that the U.S. Army Medical Material Agency determined we needed funding.

"They then authorized and funded this. It was bought at the Defense Supply Center in Philadelphia. Then it was shipped in; this machine was installed by the vendor in conjunction with medical maintenance here in the hospital," he said.

Since the installation of the X-ray, radiologists and technicians have had nothing but praise for the machine's performance, Thomas said.

"The images come out much faster than film, there's less radiation exposure because we get the picture faster," she said.

And while technology is advancing, the radiology department at Evans is also becoming safer, it is redefining the concept of a "second opinion" —

"Right now we're getting a second opinion of all Army hospitals. Radiologists here will be able to read the images (other Army health facilities). At Beaumont (Fort Bliss), radiologists can read the images and give comments. So this is a big thing that it can do."

Prostate cancer screening part of awareness week

by Captain Jose A. Perez
Urology Clinic Head Nurse

Prostate cancer is the most common cancer in men. According to the American Cancer Society, each year, about 209,000 men will be diagnosed with this cancer, and it will claim about 41,800 lives. When prostate cancer is detected early it can be treated effectively.

Early prostate cancer has no symptoms, that's why it's so important to have an annual prostate exam after age 40.

Who's at risk?

According to ACS, most cases of prostate cancer occur in men older than 50, and more than 80 percent of these cases are in men over 65. For some unknown reason, African-American males have the highest incidence of

prostate cancer in the world. Their death rate from this disease is twice that of white males.

The best defense: early detection

Prostate cancer can be detected in its early stages. Your health care provider can check you for prostate cancer with two simple tests, a prostate-specific antigen blood test and a digital rectal examination.

In observation of the Prostate Cancer Awareness Week, the Urology Clinic at the Evans Army Community Hospital will be conducting prostate cancer screenings Monday through Sept. 24. Call 526-7115 or 526-7125 to schedule an appointment.

Anyone eligible for care at a military installation can call to schedule an appointment.

Prostate cancer support group

The Pikes' Peak "US TOO" chapter celebrated its second year anniversary Sept. 11. The US TOO chapter is a Prostate Cancer Support group organized and run under the supervision of Evans Army Hospital Urology Clinic staff. The chapter is mostly composed of retired military personnel and their spouses, but is also open to community members who have been diagnosed with prostate cancer.

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Energy Team leader

Volunteer of the Week



Photo by Spc. Cecile Cromartie

Specialist Joshua Ramaker, Eagle Troop, 2nd Squadron, 3rd Armored Cavalry Regiment, receives congratulations and a coin from Maj. Gen. Edward Soriano, 7th Infantry Division and Fort Carson commanding general, at an award ceremony Monday.

**by Spc. Cecile Cromartie
Mountaineer staff**

This week's Volunteer of the Week is Spc. Joshua Ramaker, Eagle Troop, 2nd Squadron, 3rd Armored Cavalry Regiment.

Ramaker was commended at an award ceremony Monday by Maj. Gen. Edward Soriano, 7th Infantry Division and Fort Carson commanding general, for the extra time, dedication and energy he gave to the Army by making 15 recruiting contacts while on leave from Aug. 8 to 22.

According to Ramaker, he battled "on-leave" boredom by helping out his local recruiting station in Greeley.

"While I was on leave, I got really bored and just decided to assist some recruiters. I went through that same recruiting station three years ago so I knew most of those recruiters already. One day I just gave them a call and said, 'hey,

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Mountain Po

Petra means ROCK, a Christian band by the same level. Petra is a rock-solid music industry with more touring and performing experience. They have completed 22 recordings to date, won three Grammy Awards, and received numerous Christian Music Awards.

With recent stories in Christian music publications, Entertainment Weekly, Spin, and Stone magazines — Petra is the highest profiled and most successful of the new Christian rock groups.

You can experience Petra live at 7 p.m. at Pershing Field, sponsored by the Mountain Project. The event is free for everyone on a first-come, first-served basis. Bring a blanket and sit back and enjoy the show. Petra brings "The Greatest Hits" to Fort Carson.

In case of inclement weather, the concert will be held in McMahon Auditorium. For more information, call 779-1234.

Stops for daily daytime route

Welcome Center corner of Wetzel
and Ellis

Building 1012 north side

Building 1048 south side

Building 1350 east side

Building 1852 west parking lot

Building 2060 west parking lot

Building 2160 west parking lot

Building 2351 west parking lot

Building 2460 west parking lot

Building 2700 north side

Prussman and Porter north side

Building 2429 east parking lot

Building 7400 west side

City bus shelter northeast of
hospital

Colorado Inn bus shelter building
7301

Building 6223 north side

PX south east parking lot

Mini Mall north side on Flint.

Stops for the daily nighttime route

Welcome Center corner of Wetzel
and Ellis

Building 1012 north side

Building 1048 south side

Building 1350 east side

Building 1852 west parking lot

Building 2060 west parking lot

Building 2160 west parking lot

Building 2351 west parking lot

Building 2460 west parking lot

Building 2429 east parking lot

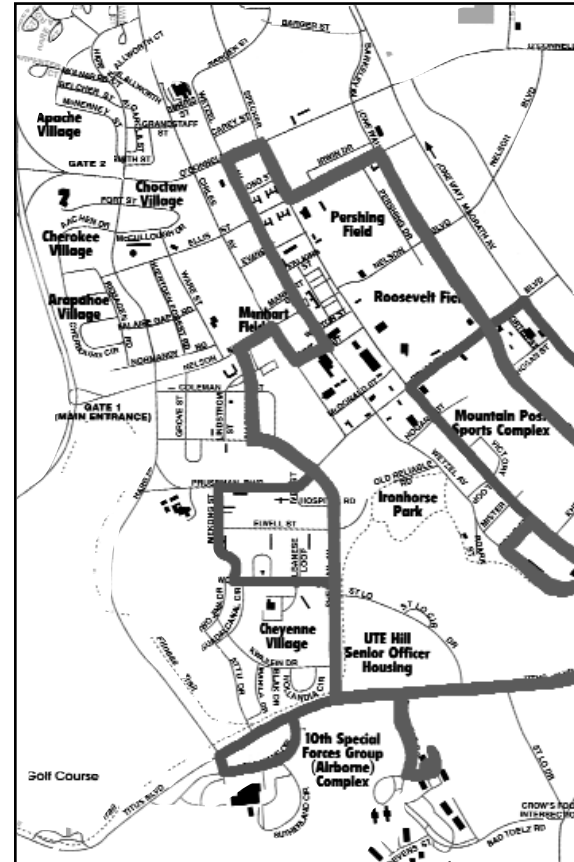
Building 7400 west side

Colorado Inn bus shelter building
7301

PX south east parking lot

Mini Mall north side on Flint.

City bus transfer points for daytime route are the hospital, Mini Mall
and PX. Transfer points for the nighttime route are Mini Mall and PX.



As of Oct. 1, the red route will make all stops. The blue route will make all night stops.

Pet of the Week

Hello Kitty ...

This 8-month-old black domestic short-haired female cat is currently available for adoption at the Fort Carson Veterinary Treatment Center.

Pets up for adoption are vaccinated and neutered. The treatment facility provides routine preventative medicine and minor sick call services to pets owned by active-duty and retired military members. Normal hours of operation for the clinic are Monday through Friday, 7:30 a.m. to 3:30 p.m. Clinics are held every Monday, Wednesday and Friday with animals being seen by appointment only. To reduce the risk of child injury in exam rooms and to increase the attentiveness of pet owners during the examination process, the facility discourages pet owners from bringing children under 10 years of age into the facility. People interested in adopting a pet can call 526-3803.



Photo by Spc. Socorro A. Spooner

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Chapel

The chaplains of Fort Carson sponsor a concert featuring the award-winning Christian contemporary music group "PETRA" at 7 p.m. today at Pershing Field.

Protestant Sunday School classes for children age 3 and over, as well as three adult Bible studies begin at 9:30 a.m. at Soldiers' Memorial Chapel. For more information, call Dennis Scheck at 526-5626.

Protestant Women of the Chapel meet Tuesdays at 9 a.m. and at 7 p.m. Child care is available. For information, call Jennifer Wake at 540-9157.

Catholic Religious Education registration takes place Sunday. For more information, call Miki Feldman at 526-0478.

Provider Lutheran Congregation is offering first communion instruction Sundays from 9:30 to 10:15 a.m. Sunday through Oct. 10. First Communion is traditionally taken in the fifth-grade year. To register, call 526-5470.

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Daily Bible Readings

- Sept. 18: Psalms 102 & Ecclesiastes 10-12
- Sept. 19: Psalms 103 & Song of Solomon 1-4
- Sept. 20: Psalms 104 & Song of Solomon 5-8
- Sept. 21: Psalms 105 & Jeremiah 1-3
- Sept. 22: Psalms 106 & Jeremiah 4-6
- Sept. 23: Psalms 107 & Jeremiah 7-9
- Sept. 24: Psalms 108 & Jeremiah 10-12

Chapel Schedule

ROMAN CATHOLIC

Chapel	Service	Day	Time	Location
Healer	Mass	Sunday	11 a.m.	Evans Army Hospital
Healer	Mass	M-W-F	11:45 a.m.	Evans Army Hospital
Provider	Mass	Sunday	12:15 p.m.	Barkeley & Ellis
Soldiers'	CCD	Sunday	10:45 a.m.	Nelson & Martinez
Soldiers'	Mass	Sunday	9:30 a.m.	Nelson & Martinez
Soldiers'	Mass	M-W-F	8:15 a.m.	Nelson & Martinez
Veterans'	Mass	Sunday	8 a.m.	Magrath & Titus

EASTERN ORTHODOX

Veterans'	Divine Liturgy	Sunday	11 a.m.	Magrath & Titus
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LITURGICAL

Provider	Lutheran	Sunday	10:30 a.m.	Barkeley & Ellis
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PROTESTANT

Healer	Protestant	Sunday	9 a.m.	Evans Army Hospital
Prussman	Protestant	Sunday	9 a.m.	Barkeley & Prussman
Provider	Sun. School	Sunday	10:15 a.m.	Barkeley & Ellis
Provider	Protestant	Sunday	9 a.m.	Barkeley & Ellis
Prussman	Sun. School	Sunday	9:30 a.m.	Barkeley & Prussman
Prussman	Prot./Gospel	Sunday	11 a.m.	Barkeley & Prussman
Soldiers'	Sun. School	Sunday	9:30 a.m.	Nelson & Martinez
Soldiers'	PYOC	Sunday	6:30 p.m.	Nelson & Martinez
Soldiers'	Protestant	Sunday	11 a.m.	Nelson & Martinez
Veterans'	Protestant	Sunday	9:30 a.m.	Magrath & Titus
THE ROCK	Protestant	Sunday	10:30 a.m.	Christopher's

For additional information, contact the Installation Chaplain's Office, build 1000 and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy. Normally, free child care is available during on-post worship services.

Jewish High Holy Days celebration

The Jewish High Holy Days began Sept. 10, with Rosh Hashana, the Jewish New Year anniversary of the day God completed the creation of this world. The two-day celebration ends on the evening of Sept. 12. Our sages explain that we all stand in judgement before God on these days. Before the shepherd. If we are worthy, we are "inscribed" in the "Book of Life." On Yom Kippur, the book is sealed. Yom Kippur, the Day of Atonement, begins at sundown. We pray while observing the holiest day of the year. Work is prohibited on the day of Yom Kippur. Personnel should be released from duty, barring a national emergency. We worship, pray, and on Yom Kippur, to fast.

A free newsletter, which contains more information, may be obtained by calling (303) 321-6663, or mhc@aleph-institute.org.

Chaplain's Corner

**Commentary by
Joyce M. Simo
Family member**

Tiny plaster cast in hand, she spoke of her troubles at another post. Falsely accused of child abuse, she was ordered to bring her children in for weekly X-rays. One physician made a moral crusade of the matter and used every hospital visit to inflict further shame and humiliation. As my friend reported in, word went out, in stage whispers, "Here comes that lady who abuses her children." Declaring her love for God and her children, she battled an enemy both invisible and cruel.

For weeks she suffered disgrace, trusting God for power to endure. Then, her toddler broke a leg, falling on a playground at day care. Mom, at work, was clearly innocent, yet the hospital staff, strongly prejudiced against her, assumed she was at fault. No new legal charges were pressed, but the staff's judgments wounded her deeply. She prayed as the child's leg was set into a cast, then escaped to her quarters to cry.

Rising in the night to check the baby, she found her asleep at the head of her crib, but the cast was off and resting at the foot. Anxiously snatching up

infant and cast, she returned to the hospital. The physician's assistant on duty called the doctor. "That lady's back; the kid doesn't have a cast on any more." Most likely it had been fitted improperly. She never asked. She knew however, without asking, the possibilities of her situation. They could take away her child. A complete exam, some embarrassing questions, and the doctor ordered a new cast.

My friend couldn't explain what happened next. Although she wanted to hide, wanted to melt into the walls, wanted to say nothing at all, she caught the nurse by the sleeve, and herself by surprise saying, "Before you put on another cast, I'd like you to take a new X-ray. God has healed my daughter's leg." She put her hand over her mouth. What had she done? Now, they'd think she was crazy too.

The doctor smirked and decided to take the X-ray herself. She returned, subdued, with a confused look, "I don't understand, but the bones in the leg appear to be completely normal. There's no evidence of any break. I'm going to X-ray the other one just in case." My friend waited. Finally, shaking her head, the doctor declared, "You can take your baby home. Her legs are fine."

Most people believe in a hospital. My friend is a creative woman, is usually different. Forgetting to raise her arms and her feet, she danced her arms, laughing, the doctor watched in disbelief.

My friend? She said, "Sing, O Daughter, glad and rejoice with him; he has turned back your god is with you; take great delight in love, he will rejoice." (Zephaniah 3:14-17)

My friend keeps it in her living room. ... with singing.

Where and When

Editor's Note:

It is the responsibility of each facility referenced in this directory to inform the *Mountaineer* of any changes.

Directorate of Community

Activities facilities

Physical fitness centers/swimming pools

- **Garcia PFC** ph: 526-3944 or 526-5785
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
- **McKibben PFC** ph: 526-2597
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
- **Waller PFC** ph: 526-2742
M-F 6:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
- **Mountain Post PFC** ph: 526-2411
M, T, W, F 6:30-9:30 a.m. (Open for after-PT showers only)
- **Forrest FC** ph: 526-2706
M-F 5:30 a.m.-10 p.m./ Sat. & Sun. 10-5 p.m., Sat. 8-10 a.m. women only.
- **Post PFC** ph: 526-1023 or 526-1024
M, T, W, F 6-9 a.m./ women only Sat. 8-10 a.m./Sat. and Sun. 10 a.m. to 5 p.m./ holidays closed
- **Indoor Swimming Pool** ph: 526-3107
M-F 6:30 a.m.-6 p.m./ weekends 10 a.m. to 6 p.m./ Lap swim 6:30 to 8:30 a.m. and 11:30 a.m. to 1 p.m.
- **Outdoor Swimming Pool**, ph: 526-4456
M-F 6:30-8:30 a.m. swim team practice/8:30-10 a.m. drown-proofing, 11 a.m.-8 p.m. open swim/ Sat, Sun and holidays open swim 11 a.m.-6 p.m. through Labor Day

Miscellaneous

- **Post Commissary**, building 1525, ph: 526-5505
M-F 9 a.m.-8 p.m./ Sat 9 a.m.-7:30 p.m./ Sun 9 a.m.-5 p.m.
- **Class Six**, building 1524
M-Sat 9 a.m.-11 p.m./Sun & holidays 11 a.m.-7 p.m.
- **Class Six Annex**, building 3572
M-Sat 9 a.m.-9 p.m./closed Sundays
- **Grant Library**, building 1528, ph: 526-2350
M-Th 11 a.m.-8 p.m./Fri 11 a.m.-4 p.m./Sat and Sun 10 a.m.-6 p.m.
- **Multi-Craft Center**, building 1510, ph: 526-0900
W-F 11 a.m.-7 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m.
- **AutoCraft Center**, building 2427, ph: 526-2147
Every day 8:30 a.m.-4 p.m., emissions only on M and Tues
- **WoodCraft Center**, building 2426, ph: 526-3487
M-Tues. closed/ Wed 1-7 p.m.(Closed for safety class.)/ Th-F 1-8:30 p.m./ Sat and Sun 9 a.m.-4:30 p.m.
- **Cheyenne Shadows Golf Course**, ph: 526-4122
M-Sun 7 a.m.-8 p.m.
- **Divots Grill**, building 7800, 2nd floor: 526-5107
M-T 9 a.m.-5:30 p.m./W-F 7:30 a.m.-5:30 p.m./ Sat, Sun. and holidays 6:30 a.m.-5:30 p.m.
- **American Red Cross**, building 1641, ph: 526-2311
M-F 8 a.m.-4:15 p.m./ Emergencies: 526-2311 (24 hrs.)
- **Community Thrift Shop**, building 1008, ph: 526-5966
T, W, Thu 10:00 a.m.-2:30 p.m./ F-M closed
- **Turkey Creek Recreation Area**, ph: 526-3905
Office hours: W-Sun 8 a.m.-4:30 p.m./ closed M-T
- **Information, Tickets & Registration**, building 1510, ph: 526-5366
M-Th 10 a.m.-6 p.m./F 9 a.m.-6 p.m./Sat 9-1 p.m./closed Sun and holidays
- **Carlson Wagonlit Travel**, building 1510, ph: 576-5404
M, W, Th, F 9 a.m.-6 p.m./Tues 9 a.m.-5 p.m./weekends and holidays closed
- **Outdoor Recreation Complex**, building 2429, ph: 526-2083
M-Sun 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
- **Pueblo Deli** (Elkhorn), building 7300, ph: 576-6646
M-F 11 a.m.-1:30 p.m./closed weekends and holidays
- **Fatz Pool and Darts**, building 1129, ph: 526-4693
M-Th 11:30 a.m.-midnight/Fri 11:30 a.m.-2 a.m./ Sat 3 p.m.-midnight/Sun closed
- **Bowling Center**, building 1511, ph: 526-5542
Sun-Th 11 a.m.-11 p.m./Fri & Sat 11 a.m.-midnight
- **Top Pin Cafe**, building 1511, ph: 576-8126



Program Schedule for Fort Carson cable Channel 10, today to Sept. 24.

Channel 10 can now be seen on your computer. Access the Fort Carson Web site and in the welcome section, click on the icon for Mountain Post Magazine. Channel 10 can be viewed live or Mountain Post Magazine can be viewed any time.

Mountain Post Magazine: Current stories about Fort Carson and the Colorado Springs area. *Airs at 7 a.m., 9 a.m., noon, 2 p.m., 7 p.m. and midnight.*

Army Newswatch: includes stories on Secretary of the Army visiting Europe, family advocacy and equine therapy. Followed by **Army Healthwatch**. *Airs at 7:30 a.m., 12:30 p.m., 7:30 p.m. and 12:30 a.m.*

Air Force News: includes stories battle for the F-22 Raptor, the new C-17 wing and EMEDS (repeat). *Airs at 8:30 a.m., 1:30 p.m., 8:30 p.m. and 1:30 a.m.*

Navy/Marine Corps News: includes stories

- **Brass Rail Lounge**, building 1511
M-W 4-11 p.m./Thu 3-11 p.m./Fri & Sat 4p.m-12 a.m./Sun & holidays 11a.m.-9:30 p.m.
- **Wok Express**, building 2355
M-S 11 a.m.-6 p.m./closed Sunday
- **Youth Center**, ph: 526-2680
M-Th 3-8 p.m./Fri 3-9 p.m./Sat 1-9 p.m./ closed Sun & holidays

Army and Air Force Exchange Service facilities

- **Ivy Troop Store Barber Shop**, building 2355
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Prussman Troop Store Barber Shop**
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Barber Shop**, building 1161
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
- **Evans Beauty Shop**, building 7500, ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays, closed
- **Post HQ Barber Shop**, building 1430
Mon only 7:30 a.m.-1 p.m.
- **Welcome Center Barber Shop**, building 1218
Mon and Th. only 7:30 a.m.-4 p.m.
- **Main Store Mall Barber and Beauty Shops**, building 6110, ph: 576-6459
M-Sat 9 a.m.-7 p.m./Sun and holidays, 10 a.m.-6 p.m.
- **Mini Mall Barber Shop**, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat 8 a.m.-5 p.m./Sun 10 a.m.-4 p.m./ closed holidays

Shoppettes/service stations

- **"B" Street shoppette**, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
- **Ivy Troop shoppette**, building 2355
M-F 11:30 a.m.-6 p.m./Sat 10 a.m.-3 p.m./closed Sundays

on earthquake relief and San Diego's Fle 9 p.m. and 2 a.m.

Community Ca showing times.

Channel 9 daily language news broad

If you have com gramming or wish t Channels 9 or 10, p 526-1241 or via e-m

RuleDo@carson

Program times *Mountaineer* provid week prior to public

If you have idea **Magazine**, contact at 526-1253 or 1169

If you wish to h shown on Channel 9 Training Support C

For additions to please submit a clea information to the F 2180, building 1550 fax it to 526-1021 m airing time.

- **Housing shoppette**, b M-Sun 8 a.m.-9 p.m.

Alterations

- **Military Clothing Sa** M-F 9 a.m.-6 p.m./Sat 1 closed holidays
- **Mini-Mall**, building 1 M-Sat 9 a.m.-6 p.m./Su

Miscellaneous

- **Burger King** (Specke M-F 6 a.m.-9 p.m.(drive (drive-thru until 10 p.m.)
- **Kentucky Fried Chic** M-Sat 10:30 a.m.-10 p.m.
- **Class Six**, building 15 M-Sat 9 a.m.-9 p.m./Su
- **Class Six Annex**, buil M-Sat 10:30 a.m.-7 p.m./cl
- **Laundromat**, building M-Sun 7 a.m.-10 p.m.
- **TV Repair/U-Haul**, b M-F 10 a.m.-5:30 p.m./ days
- **Sprint Office**, ph: 57 M-F 8 a.m.-5 p.m./Sat 1
- **Post Exchange and M** M-Sat 9 a.m.-9 p.m./Su Shop, Vitamin Expo, Op
- **Main Store Mall Espr** M-F 8 a.m.-3 p.m./Sat a
- **Mini Mall**, building 1 M-Sat 9 a.m.-11 p.m./S Repair and Engraving

Military

Special Forces soldiers help com

by Pfc. Zach Mott
14th Public Affairs Detachment

For many soldiers within the United States Army Special Operations Command, giving back to their local community is commonplace.

On Sept. 7, a group of soldiers participating in the Mountaineering Master Trainer's Course took a break from its two-month long training and testing to build two footbridges at Castlewood Canyon State Park; which is one of the 14 sites throughout Colorado being used by the 28-soldier class.

"Whether we're with a local community in a hostile environment, or the local community where we live and work, it's important to build a good rapport with them," said Maj. Jim McAllister, commander, Company C, 3rd Battalion, 10th Special Forces Group.

"When we climb in the area it is an inconvenience for the civilians, and this is a great way to give back to the community," said Sgt. 1st Class Ted Bookless, a student in the class from Fort Bragg, N.C.

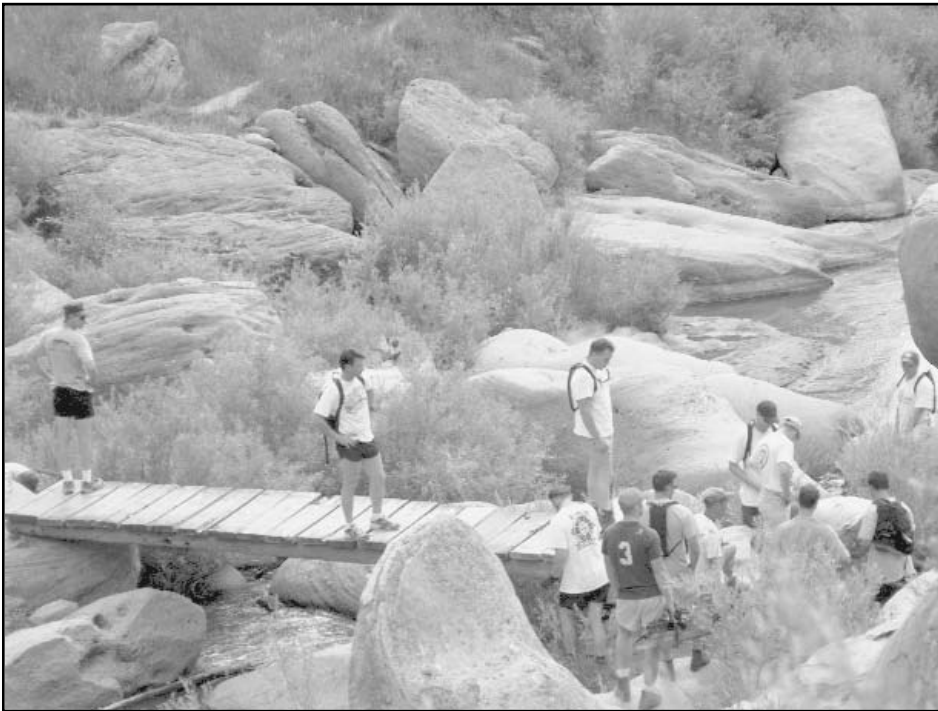
For the previous two weeks these soldiers have climbed up and down every inch of available rock space, honing their military mountaineering skills. They were relieved to take a break from training to give back to those who have supported them.

"This is a good change of pace from the everyday school environment," said Sgt. 1st Class Joseph Pomer, Mountaineering Master Trainer's Course instructor, Co. C, 3rd Bn., 10th SFG.

Preserving the land, soldiers as well as all servicemembers, train on, is one of the biggest concerns as we head into the 21st century. By helping maintain the training areas, these soldiers are ensuring this land will be there for as long as they choose to use it.

"If you're going to use the environment, you've got to be able to give back to it. Building these bridges is just one way we can give back," said Sgt. 1st Class Darin Mann, a student in the class from Fort Lewis, Wash.

During rainstorms this year these two bridges being rebuilt had been washed away three times. After each washout, it took volunteers upward of four weeks to rebuild them.



Photos by Pfc. Zach Mott

Standing on and around their achievement, the mountaineering students and instructors put the finishing touches on their creation.



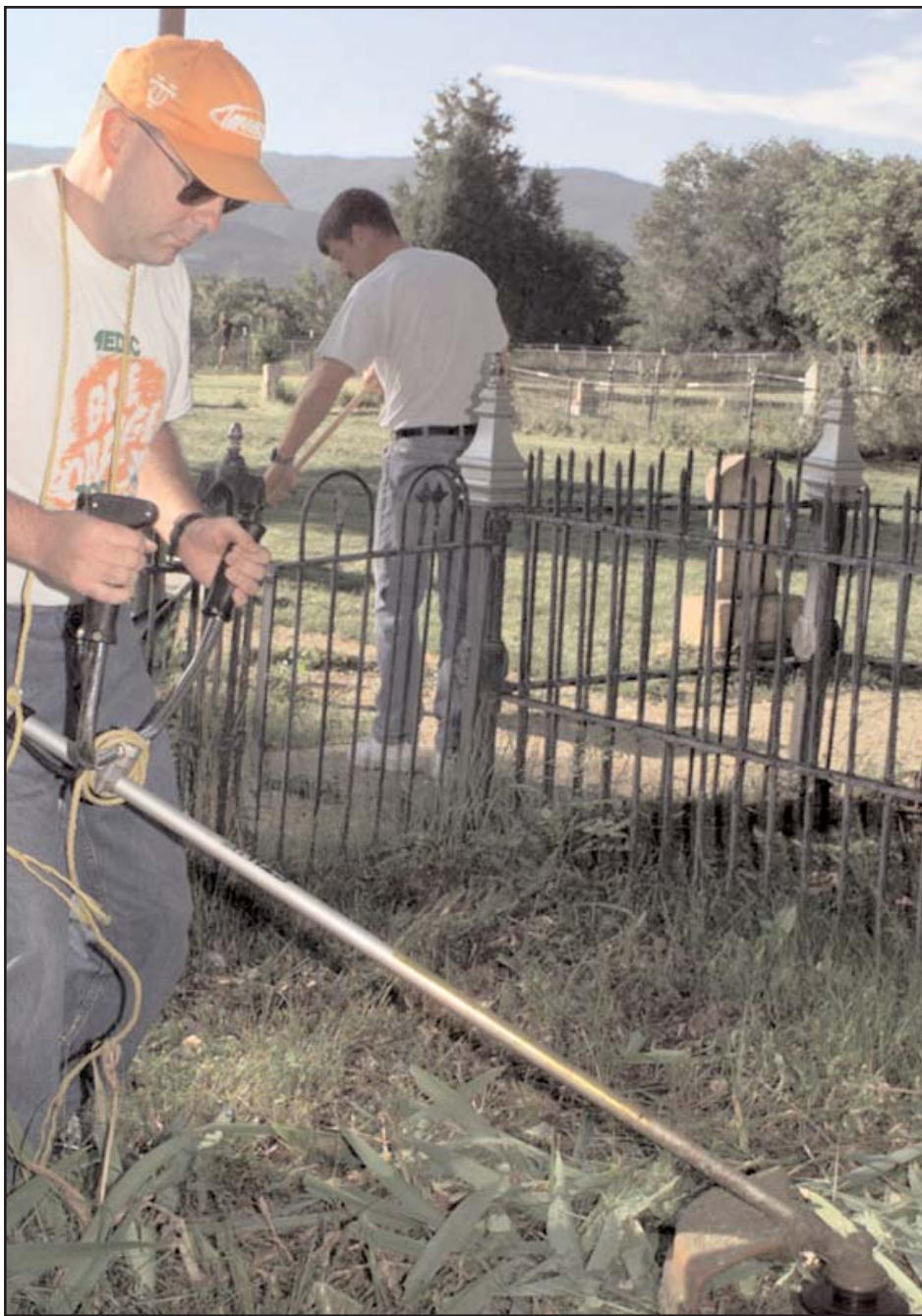
The Colt family footbridge built by

"We could rebuild us longer. Their resource Ranger Jim Weibel. give us."

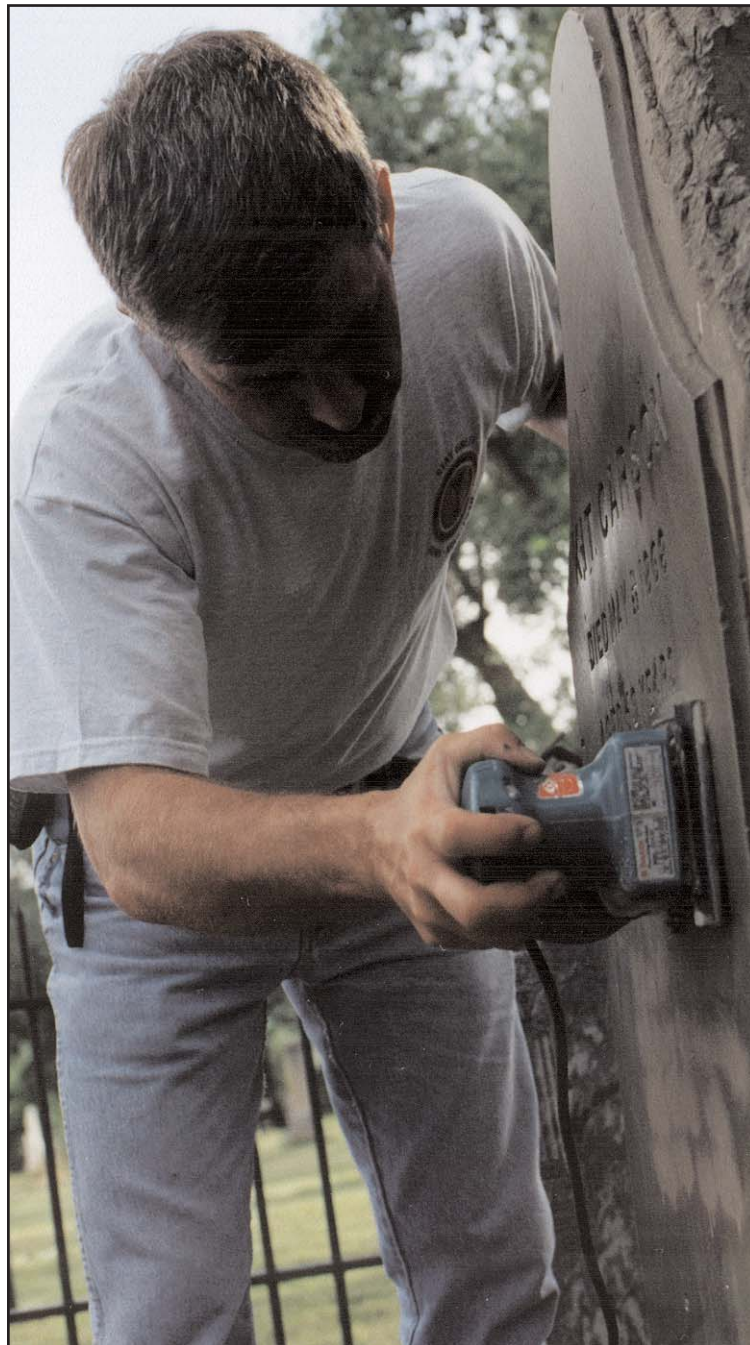
With the help of able to complete the

These Special Forces their help; not only a training, they are also with the local community

"We're building ly," McAllister said.



Specialist Sean O'Neil, claims examiner, U.S. Army Garrison, trades pushing paper work for pummeling weeds during the cleanup of Gen. Christopher "Kit" Carson's grave, Aug. 10.



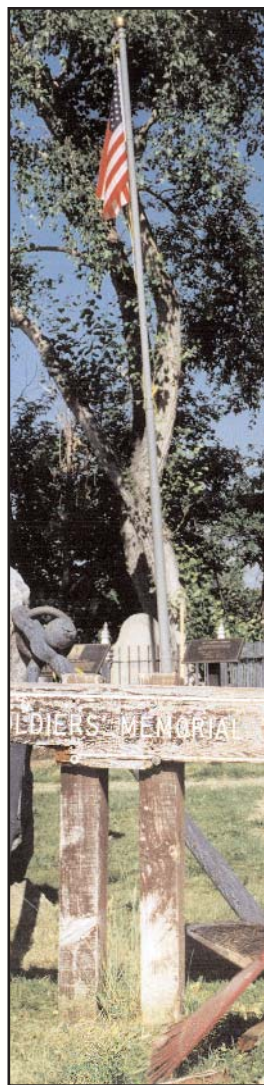
Master Sgt. Bruce Montgomery, garrison operations noncommissioned officer, U.S. Army Garrison, sands graffiti off Carson's headstone.



Sergeant Stephan Carson's grave site, showing a headstone and surrounding area.



The sign at the entrance to the Kit Carson Park Memorial Cemetery, providing information about the site.



Specialist Maurice Smith, communication security clerk, U.S. Army Garrison, stands at the entrance to the Kit Carson Park Memorial Cemetery, providing information about the site.

Carson's plot left for naught, 'til now

Story and photos by
Spc. Adam Thornton

14th Public Affairs Detachment

Armed with weed eaters, rakes and pails of paint, a six-member crew from Fort Carson (including this reporter) arrived for its special duty.

Traveling to northern New Mexico, Aug. 11 to 13, these Fort Carson volunteers were determined to weed, repaint, rebuild and "resurrect" the 130 year-old grave site of Gen. Christopher "Kit" Carson, which is a registered historical site.

"Carson (after whom the Mountain Post is named) is one of our national heroes. He did a lot for opening the West ... he deserves the respect of having his grave maintained," said Master Sgt. Bruce Montgomery, garrison operations noncommissioned officer, Headquarters, Headquarters Company, U.S. Army Garrison, and project leader for the grave renovation.

Located at the Kit Carson Park Memorial Cemetery in Taos, N.M., Carson shares his plot with his wife, Josefa, and immediate family members.

Also buried in the cemetery are servicemembers from Taos who fought and died in wars during the 19th and early 20th centuries.

Such a significant site commemorating American history deteriorated into this condition because of a combination of

factors.

Having spoken with Taos city officials, Montgomery said the complex legalities of what can be done to a registered historical site, combined with the lack of city funds, caused repairs and maintenance of the site to dwindle.

Assessing the situation, "Fort Carson took charge to clean it up," Montgomery said.

With support and supplies provided by the city, the goal was to raise the site to a presentable, respectable appearance by day's end.

The site began to appear more like hallowed ground than history forgotten as tall grass and weeds were whacked; faded and chipped paint on the entrance sign and surrounding fence was replenished; and the graffiti on Carson's headstone was removed.

"The opportunity to do this kind of work doesn't come along very often," said Spc. Sean O'Neil, claims examiner, HHC, USAG, who volunteered to help as a chance to preserve history.

"Carson made an important contribution to this country. We have an obligation to maintain this site for the sacrifices and contributions he made," O'Neil said.

As the sun crept below the horizon that evening, the obligation felt by O'Neil was replaced with a feeling of fulfillment.

"I feel a real sense of accomplishment, considering the time given," he said.

Others on the crew shared similar feelings.

"I think it looks really good," said Spc. Maurice Smith, communication security clerk, HHC, USAG.

"We could have spread the work out to two days, but the crew busted their (butts) to finish it in one," Montgomery said.

Pleased with the results, the question of whether or not the site would see continued care lingered in the minds of the crew.

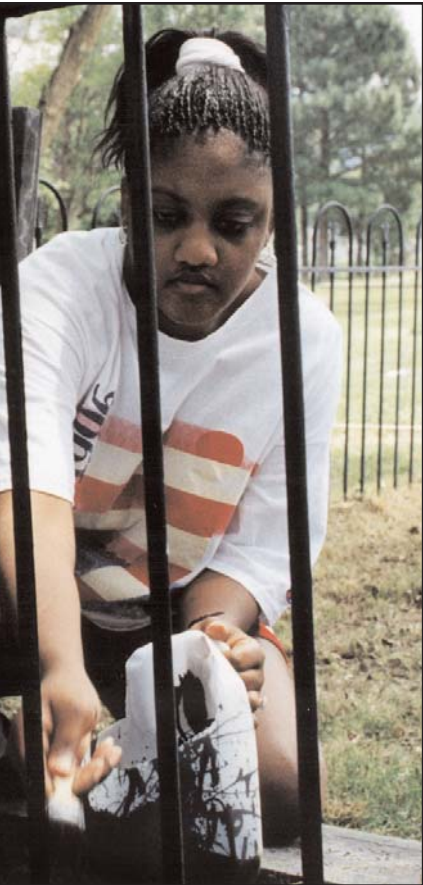
"I hope it's maintained. It doesn't do any good to send us down here one time and then let it go to waste again," said Pfc. Dawn Stevenson, legal specialist, HHC, USAG.

With that in mind, Fort Carson is planning to continue to refurbish the site on a biannual basis.

"The 3rd Armored Cavalry Regiment has expressed interest in taking charge of maintaining the site since Carson (may have) once (served as) a scout for the 3rd Cavalry," said Montgomery.

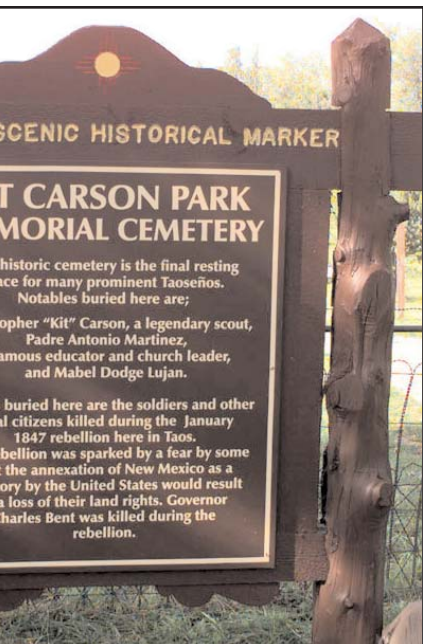
Regardless of whether 3rd ACR takes on the mission or not, Montgomery said Carson's site will be maintained regularly, and is in great shape now.

"We made a 100 percent improvement of the site and visitors are impressed," said Montgomery, "I think we really restored dignity to the place."

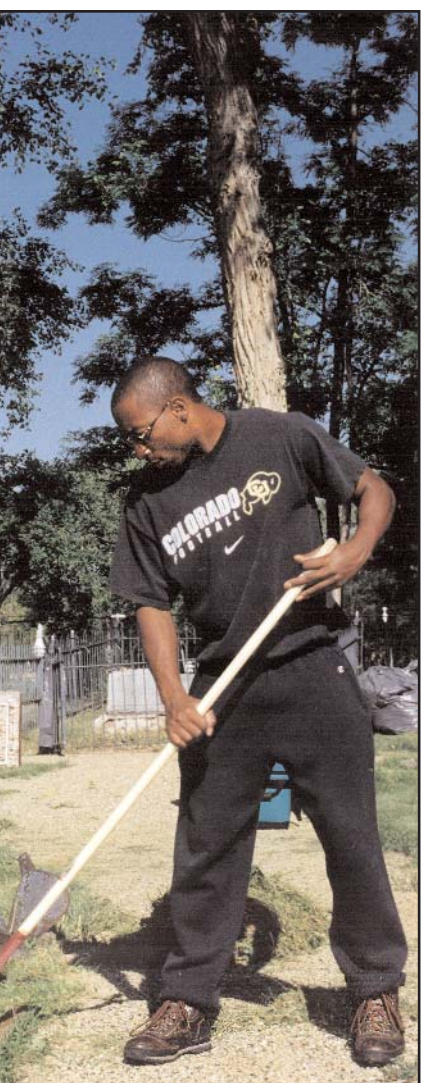


Private 1st Class Dawn Stevenson, legal specialist, U.S. Army Garrison, puts her artistic talent to the test replenishing the dilapidated sign at the entrance to the cemetery.

ie McDowell, legal specialist, n, gives the fence surrounding fresh coat of paint.



Entrance of the cemetery gives a sense of peace to those who are buried at the site.



Smith, communication security specialist, U.S. Army Garrison, rakes up the after-effects of the recent weeding.



Visitors to the cemetery take a moment to pay their respects at the recently restored grave site of Gen. Christopher "Kit" Carson.

Kaboom ...

Soldiers from 1st Battalion, 8th Infantry recently completed intensive training which included qualifying with the M-4 or M-16 rifle, a 12-mile road march and qualifying on the combat course which included throwing live grenades. The training is in part to prepare the soldiers for the February deployment to the National Training Center, Fort Irwin, Calif.



Soldier recalls story, hardships

by Capt. James D. Meredith
Mountaineer contributor

Editor's note: The following story is written in honor of National POW/MIA Recognition Day. The account is graphic.

Gerard "Jerry" Francois served with Headquarters, Headquarters Company, 3rd Battalion, 31st Infantry Regiment, 7th Infantry Division, in Korea. He was among approximately 3,000 soldiers from the 7th Division that were on the east side of the Chosin Reservoir.



Francois

Not many people knew these men were there, completely surrounded but fighting a valiant battle. Most publications give little, if any, account of these men

who defended ferociously against overwhelming odds before being virtually wiped out. Only 385 men were combat ready after the fighting east of Chosin. The rest were killed, wounded, or captured.

Francois was one of those captured. Despite being wounded in the face from a concussion grenade, and mortar shrapnel in both legs, Francois



fought the Chinese until he was bayoneted in the back, Dec. 2, 1950.

Francois was forced to march for days in sub-zero temperatures with little or no food and water. During these nightly marches through the mountains of North Korea, Francois developed frostbite in his big toes. To prevent his toes from getting infected with gangrene, Francois took a piece of metal, sharpened it, and cut off the flesh around his toes. He then used a rock to break off the bone. He also removed the shrapnel from his legs. He saved his own life.

Francois wasn't the only one who needed life-saving medical attention. A wounded soldier was

developing gangrene in his legs. Francois and another soldier decided to amputate the legs at the knees.

Francois and the other soldier cut everything off, snapped out the bone, and did it without medical supplies. They used shirts to wrap the wounds. The other soldier helped control bleeding.

Incidentally, Francois was reunited with his family in a July 1999 reunion. The amputee has lived a full life since his experience.

Francois defied death, frost, and disease. He was consoling his family and placed in front of a crowd on several occasions. His worst experience was when he and another soldier were in a room with seven dead soldiers.

When asked why he stayed in captivity, Francois said, "I wanted to keep my honor and my pride. I was satisfied with breaking the chains of captivity."

Francois weighed 150 pounds in September 1953, and was part of a small group of 250 prisoners.

Francois is a member of the National Chapter of the National Association of American Prisoners of War. You can find more information at the Dutch Nelsen Chapter of the National Association on the Internet at nelsen-chptr.org.

Show me the money

Plan now for your holiday t



Carley

**by Sgt. Matthew Carley
64th Forward Support
Battalion**

It may seem that it is early to think about, or plan for, but the holiday season is fast approaching.

Many of us take this time to go on much deserved vacations or to travel back home to visit family and friends. There are some financial considerations and a few key factors to keep in mind when deciding what mode of transport one should use. We will concentrate on automobile travel.

Many people choose to travel by car. Some benefits of this include: it can be less expensive than airfare if you are traveling with a large family or group, you will have a vehicle to use at your destination and you have control over the number of stops you make. However, there are a number of financial pitfalls that should be considered before planning your trip. When budgeting for your trip remember to include: cost for overnight stay(s), meal allowances and fuel costs (prices of which vary from state to state).

It is also very important to budget for on-the-road emergencies such as vehicle breakdowns, accidents and adverse weather conditions. Before beginning your travel ensure your car is road worthy. A few dollars spent in maintenance could save

a fortune in repairs. the-road repairs, limited accommodation information make sure it is legitimate which you may travel.

Driving is one of transport, but there you. These include factors available travel. Which el the most important within your means. friends, but it is not holidays in debt and Start planning now. is a great resource for information.

Dining Schedule

Week of Sept. 18 to Sept. 24

Weekday Dining Facilities

*3rd ACR CAV House (building 2461)
 3rd ACR Patton House (building 2161)
 *3rd BCT Iron Brigade (building 2061)
 3rd BCT Mountaineer Inn (building 1369)
 *43rd ASG Cheyenne Mtn. Inn (building 1040)
 *Butts Army Airfield (building 9612)
 10th Special Forces Group (building 7481)
 *Indicates an a la carte facility.

Standard Meal Hours

Mon., Tue., Wed. and Fri.		Thurs.
Breakfast	7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch	11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner	5 to 6:30 p.m.	4 to 5:30 p.m.

Exceptions

- Butts Army Airfield and Mountaineer Inn are open Monday through Friday for breakfast and lunch meals only.
- Patton House will not serve a dinner meal Sept. 20 through Sept. 24.
- 10th SFG meal hours are the same Monday through Friday. It serves no dinner meal on Fridays.

Weekend

3rd ACR CAV House
 3rd BCT Iron Brigade
 43rd ASG Cheyenne Mtn. Inn

Saturday

Breakfast 8 a.m. to 11 a.m.
Lunch 11 a.m. to 1 p.m.
Dinner 4 p.m. to 6 p.m.

Sunday brunch

Brunch 9 a.m. to 11 a.m.
Supper 3 p.m. to 5 p.m.

Family members
 to dine at Fort Carson

Sports & Leisure

MEDDAC wins MEDDAC Challenge

by **Walt Johnson**
Mountaineer staff

Sammy Ngatia crossed the finish line in 25 minutes and 45 seconds wrapping, up the title for the Medical Department Activity men's team at the MEDDAC Challenge '99 event.

The race was run in two categories, male and co-ed divisions.

Ngatia anchored the winning men's team which also consisted of James Hendricks, Edgar Perez, Bob Hillman and James Webb.

The top co-ed team was from the post fire department. The team consisted of Keith Williams, Denise Scarbrough, Senyo Roscouvius, Jenny Garth and Michael Orr.

The second place coed team was the G-1 Bombers. The team consisted of Nolan Adams, John McKenzie, Brandie Vance, Juree Hindman and John Campbell.

The third place team was the MEDDAC Scout Medics. The team members were Lissa

McIntosh, Angela Shumate, Richard Davis, Gerald Dullman and Eugene Jeffers.

The run was designed to promote wellness and physical fitness for soldiers and to promote unit cohesion, according to Capt. Sara Spielman, MEDDAC Company commander and the run's coordinator.

During the event Spielman and the other members of MEDDAC responsible for putting the race together were more than pleased with a turnout that saw 10 more teams (a total of 25) participate this year than last.

Many of the runners said they were happy to take part in this year's run because the course offered a lot of challenges. One runner, the 4th Personnel Services Battalion's Jeff Lamoreau said he enjoyed the run.

"The course was very good and it had some very good hills that were definitely challenging."

Last year the 4th PSB's Archie Bates said the course's hills were so challenging it could turn a man into a boy.

Lamoreau said he agreed and added "it could also turn a person into a straight

hills out there."

Lamoreau said the unit also used the race to ready for the unit's upcoming fitness test and to promote the battalion which he says they enjoy.

Another runner, Richard Krauth said "If you would have caught me on the hill, all you would have seen was a look of help on my face. As I was running the course I was wishing I had a car or a bike or something. After I ran I was glad to be finished."

Jerry Dallman was more to the point when he said "the best part about the run was finishing," he said with a smile.

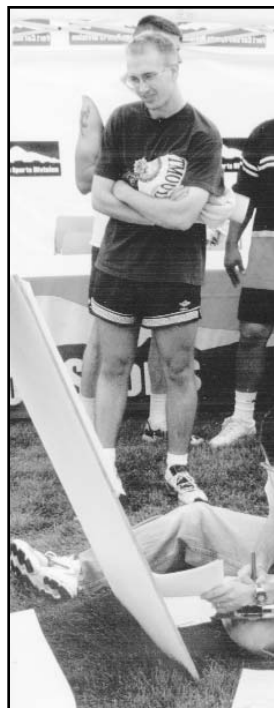
Spielman said the MEDDAC people were very pleased everyone was able to come out



Members of the MEDDAC team follow and encouraging the MEDDAC Challenge 25-mile relay race as they races up the last hill and to the finish line completing their place finish.



Runners were gladly passing the baton after



Runners were gladly passing the baton after

Pigskin Picks

College/NFL WEEK 2



Byron Dunn
USA MEDDAC



Joel Miller
RS3, RHHT, 3rd ACR



Michael Morgan
3rd ACR

Tennessee at Florida	Florida	Florida	Florida
Penn State at Miami	Penn State	Penn State	Penn State
Michigan State at Notre Dame	Michigan State	Notre Dame	Notre Dame
Army at Tulane	Tulane	Tulane	Army
Michigan at Syracuse	Michigan	Michigan	Syracuse
Arizona at Miami	Arizona	Miami	Miami
Indianapolis at New England	Indianapolis	New England	New England
New Orleans at San Francisco	New Orleans	New Orleans	San Francisco
Oakland at Minnesota	Minnesota	Minnesota	Minnesota
Pittsburgh at Baltimore	Pittsburgh	Pittsburgh	Pittsburgh
Washington at N Y Giants	N Y Giants	Washington	N Y Giants
N Y Jets at Buffalo	N Y Jets	Buffalo	N Y Jets
Atlanta at Dallas	Dallas	Atlanta	Atlanta
Denver at Kansas City	Kansas City	Denver	Kansas City
Tampa Bay at Philadelphia	Tampa Bay	Tampa Bay	Tampa Bay
Seattle at Chicago	Seattle	Chicago	Chicago

SPORTS & LEISURE

Challenge

From Page 25

and participate in the race.

"We had some very talented athletes running this year. The races were close from the beginning to the end and I think the enthusiasm you saw was just the natural camaraderie you see from the units," Spielman said.

"This race was all about people showing the Army spirit by working as teams to make it happen and they did it," Spielman added.

Colonel David Bradshaw, Evans Army Community Hospital commander, said the race brought out the best of the Army family.

"Races like this say that the Army has a great spirit. Families are here, the community is here and everyone is working together and there is a lot of competition but it's fun and people are enjoying each others company. We are here having a good time and I think it is indicative of the Army spirit," he said.



James Varano, S and T Troop, races toward the three-quarter-mile point of the race.



Running wasn't the only thing happening at the MEDDAC Challenge. Soldiers were also busy cooking bratwurst and other foods.



Top race finisher Sammy Ngatia, right, and Jackson after completing the race in 25

On the Bench

NFL season begins on a bad foot for Jets, Pa

by Walt Johnson
Mountaineer staff

It's time for news and reviews from the past few weeks since Bench has been really busy with the post softball playoffs.



Well, it finally got here.

The beginning of the new football season came Sunday with mixed results for this Jets fan. I could-

n't believe what I was watching when I saw two different quarterbacks Sunday.

The Jets Vinny Testaverde, who was having a very good afternoon, ruptured his achilles tendon on a play where no one was within five yards of him. He was coming in to recover a fumble and the heel just went out. It reminded me of the same injury that World Class Athlete Program 1st Sgt. Andre Douglas suffered at this year's Rockin'-Jockin' Basketball tournament in May. I hope Vinny recovers well but any chance the Jets had of going to the Super Bowl just blew up with Vinny's heel.

The Packers' Brett Favre made one of the most courageous come-

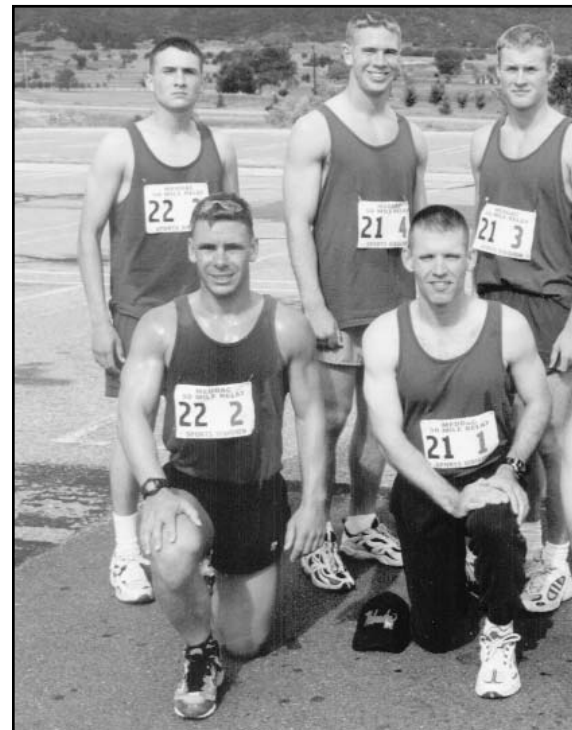
backs this old football fan has seen. Playing with a thumb so bad he said he could barely feel the ball, Favre led the Packers down the field and to the winning score against an Oakland Raiders team that looked like they had the game won. No one has ever questioned Favre's guts in the past but this cements his spot as one of the toughest (mentally and physically) people playing the game today.

I watched Monday night's game between the Denver Broncos and the Miami Dolphins and came away with this thought.

It wouldn't matter who was quarterbacking the Broncos, if they don't do something about that defense, (at least that's what I thought they were supposed to be playing,) this will be a long season in Denver. The reason the Broncos lost can be traced to their inability to stop the Dolphins' offense anytime they began to mount an attack.

Now maybe its just me but does anyone else think that the best coach on the field for the Dallas Cowgirls, er Cowboys, Sunday in Washington was Washington coach Norv Turner?

Now this has nothing to do with my absolute disdain for that team from Texas, but how in the world do



Team of the Week — Members of the 1st Sgt. Andre Douglas's team, bottom row from left, Mike Frank Karge, top row left, Jose Rodriguez Stradling and Dave Malkin pose after Saturday at Evans Army Community Hospital '99 race.

you lose a 21-point lead with about 11 minutes left in the game? Wasn't Turner hired in Washington because he was an offensive genius?

This is a new low for this football fan, but we'll bounce back and root just as hard against that team from

Texas still the finish and for

For

SPORTS & LEISURE

Bench

From Page 28

ing its annual Thanksgiving racquetball tournament Nov. 15 to 19.

The tournament is open to the Colorado Springs military community, active duty military, family members more than 18 years old, retirees and Department of Defense civilians. The tournament has men's A, B and C, women's and mixed doubles categories. Awards are given for first and second place finishers. The double elimination tournament has no entry fee. For more information contact Bill Reed at 526-2706.

They won't get any notice from anyone outside Evans Army Community Hospital but one group of people deserve a special thank you from this columnist.

The volunteers who worked the roads and the booths for this year's MEDDAC Challenge did so to support their unit and give the runners the very best in support. The people who volunteered know who they are

but it would be remiss of me if I didn't mention the fact so many gave up their personal time to be there.

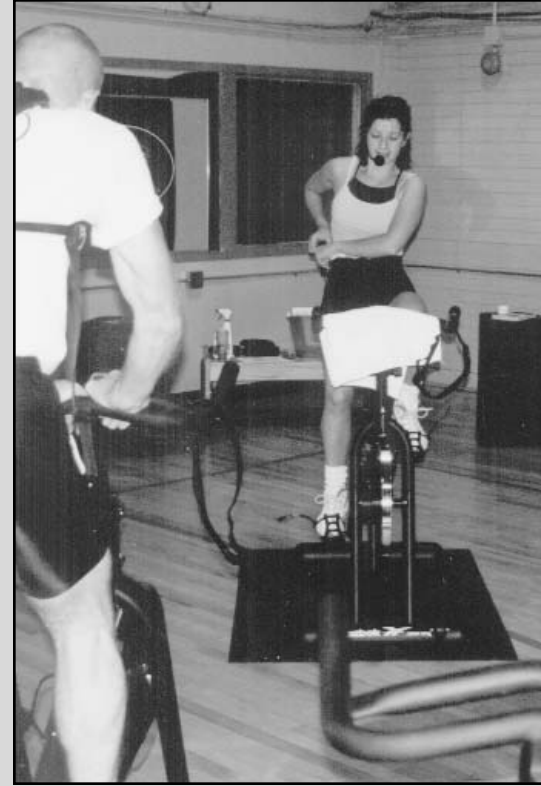
Talking to the volunteers was one of the highlights of the event for me and made it more fun than work.

The Memory Walk Alzheimer's Association will hold a Memory Walk Saturday at 8 a.m. at Antlers Park in Colorado Springs.

The 5-kilometer event is designed to raise money to support programs and services for people with Alzheimer's. Call Jan Case at 266-8773 for more information.

Well the post football season is a week old and no one has called claiming the title.

This should be an interesting year in football as more than 60 teams fight it out for the championship. I got a sneak preview of what the league has in store Monday. Already I think the fans to watch will be the 4th Personnel Services Battalion's. They were out in force cheering for their team with vocal chords in mid-season form.



Spinning instructor Shanna Madden leads a spinning class at the Post Physical Fitness Center. Spinning classes are held Monday through Friday at 6 p.m. at the PFC.



Photo by Nel Lampe

The trees change color in late fall at the country club north of Fort Carson by Highway 115.

Hills are alive with leaf color show



by Nel Lampe
Mountaineer staff

Aspen trees turn to fall color early in the high country. Showy aspen trees cover the hillsides in gold, complimented by the deep green evergreens and an occasional reddish-hued aspen tree.

Although Colorado's fall splendor doesn't come in the deep reds prevalent in some autumn color showings in other parts of the country, the aspen trees make a spectacular show for their three-week season.

Aspen trees are high altitude trees, growing best at 8,000 feet or higher. Because nights become cool earlier at high altitudes, the aspens begin turning first in the mountains. Scientists tell us that the showy colors of red, orange and yellow are always in the leaves — just masked by the greens. Shorter days and cooler nights cause the chlorophyll to cease production, and the yellows, golds and oranges can be seen.

Aspen trees spread by root runners, so several trees may be in the same "group." These groups of trees change at the same time and to the same color. That's why you may notice a clump of trees turning orange among hundreds of yellow trees.

The golden fall show doesn't last long — perhaps three weeks or less. A frost or snow will cut the color season even shorter. Aspen trees in the Cripple Creek area usually are at their glory during the last half of September and the first week of October.

Aspen trees at higher altitudes, near ski resorts or on mountain passes may begin the color change a few

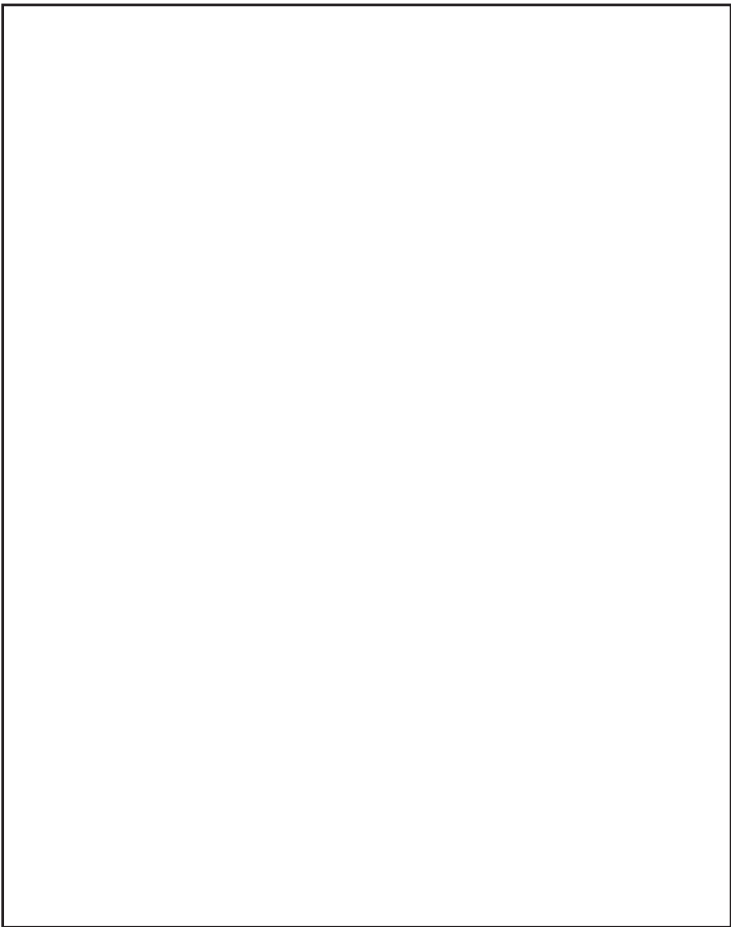


Photo by Nel Lampe

The approach to Cripple Creek on Highway 67 can provide a spectacular view in fall.

days earlier.

Although the best aspen-viewing areas may be in the Rocky Mountain National Park at Estes Park, between Durango and Silverton, or near Aspen, Vail or Leadville, those trips would require a long drive and perhaps an overnight stay.

You can view some great aspen colors in the local area. The routes may be a little crowded. Many of the viewing areas are reached on two-lane roads, adding to the congestion. If possible, take the trip on weekdays, or make it an early start and early return on the weekend.

A popular color viewing area in this region is Highway 67 south of Divide. Take Highway 24 west of Colorado Springs past Woodland Park five more miles to Divide, then turn south. Mueller State Park is a few miles down the road and a good place to see some color. There's a \$4 day pass required at Mueller.

Or, continue south to Cripple Creek. Beginning about the middle of

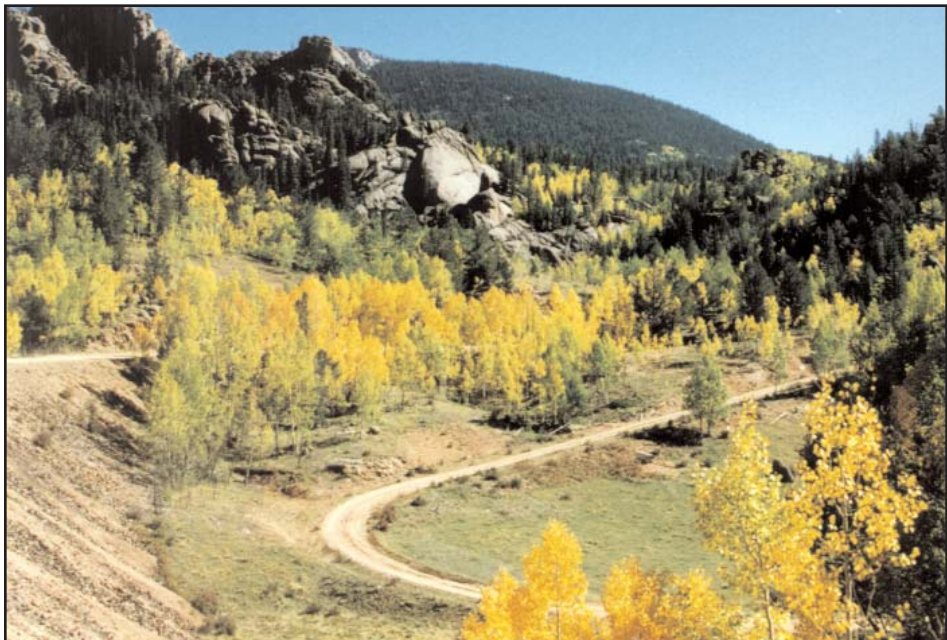


Photo by Ron Joy

Aspen trees in Cathedral Park on Gold Camp Road provide bright fall colors.

Fall Aspen



A pull-out section for the Fort Carson community

September 17, 1999

Color

From Page B1

September, mountainsides will be covered with shades of gold. The peak color season this fall may be a bit later. According to Chamber of Commerce officials in Cripple Creek at press time, the leaves there have not yet begun changing.

Free Aspen Tours are offered each fall in Cripple Creek. Volunteers take passengers for vehicle rides through nearby back roads. Visitors see ghost towns and abandoned mine sites. The free rides are scheduled for Saturday and Sunday, Sept. 25 and 26, and Oct. 2 and 3. Tours start from city park on Bennett Street, between 9 a.m. and 4 p.m.

The rides have been offered for many years, and are popular. The earlier you start, the shorter the lines will be. The rides are free, but donations are accepted. The ride takes about 45 minutes.

An alternate route to Cripple Creek is Teller 1 from Florissant, a town a few miles further west of Divide, on Highway 24.

Rampart Range Road between Colorado Springs and Woodland Park provides a glimpse of aspens among the evergreens. Rampart Range Road is rough and unpaved, best suited for four-wheel drive vehicles. It can be entered at the Garden of the Gods near Balanced Rock or at Woodland Park, off Highway 24 west.

Aspen trees may be in full splendor on Gold Camp Road, which is open from behind the Broadmoor (take Old Stage Road until it becomes Gold Camp Road) and leads to Cripple Creek. It's a rough, washboardy, unpaved road, built on the rail bed of the former "Short Line" railroad and is one of the most scenic settings in the area. You can return



Photo by Ron Joy

Gold Camp Road follows the rail bed of the former Short Line Railroad, once considered one of the most scenic railroad routes in the nation.

from Cripple Creek on Highway 67 or Teller 1 to Highway 24.

Pikes Peak Highway is another attractive route. Take Highway 24 west of Colorado Springs to Cascade. Pikes Peak Highway is on the same road which passes North Pole amusement park. Pikes Peak Highway is a toll road and is not paved all the way to the top of Pikes Peak. The toll is \$10 for anyone over 16, taking the road all the way to the top — or a maximum of \$35 per car. It's a 19 mile steep, twisting drive to the summit, mostly on graveled road.

Perhaps a better option is to take Pikes Peak Highway six miles to the reservoirs. That toll is \$3 for everyone older than 16 and the road is paved all the way to the reservoirs. Fishing is

allowed on the lakes. Boats with electric motors are for rent at Crystal Reservoir. The drive is beautiful in aspen-color season.

The road to Tarryall Reservoir usually is quite scenic. Take Highway 24 west to Lake George and follow signs to Tarryall.

The Canon City area normally has good aspen views. Take Highway 9 (past the Royal Gorge Bridge on Highway 50) following the signs to Guffey.

Or take Highway 115 south to Florence then take Highway 67 south for a good aspen viewing route.

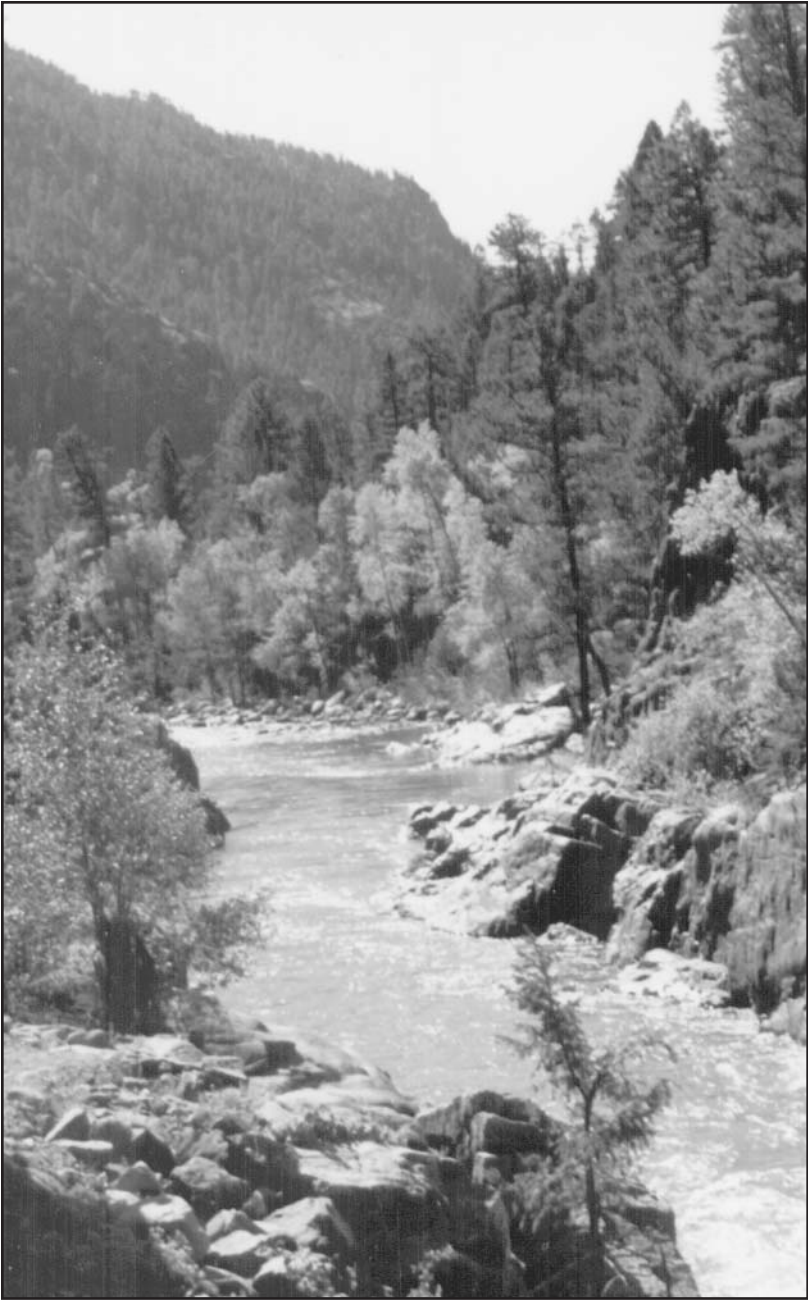
Colorado Springs also has nice fall color — but it comes a bit later.

City parks have a variety of trees in fall color, as does North Cheyenne Canon (take Cheyenne Road west, off South Nevada Avenue). Or, drive



Photo by Ron Joy

Golden aspen trees line Gold Camp Road between Colorado Springs and Cripple Creek.



File photo by Nel Lampe

A river flows through rocks and trees in fall color on Colorado's western slope, near Durango.

Just the Facts

- **Travel time** varies
- **For ages** all
- **Type** scenic
- **Fun factor** ★★★★★1/2 (Out of 5 stars)
- **Wallet damage** free

\$ = Less than \$20

\$\$ = \$21 to \$40

\$\$\$ = \$41 to \$75

(Based on a family of four)

Community Events

Family Readiness Center

The Fort Carson Victim Advocacy Program is recruiting intern and volunteers to assist victims of domestic violence. Those interested junior and senior interns in baccalaureates, master level and other motivated individuals interested in assisting others. For more information, call 526-4590.

The Family Advocacy Nurturing program is underway through Nov. 24, every Wednesday at the Hillside Community Center. Registration will be held at the Family Readiness Center. For more information, call 526-4590.

Army Family Team Building is offering a Level III Open Door Tuesday and Sept. 28 from 8 a.m. to 4 p.m. at the Family Readiness Center. Child care and lunch are provided. For more information, call 526-4590.

The Family Member Employment Assistance Program offers a Standard Form 171 and Optional Form 612 Workshops Wednesday and Oct. 13 and 27 from 1 to 3 p.m. The forms are the basic federal employment applications. For more information, call 526-0452.

The Army Community Services Outreach Van takes ACS classes to Fort Carson and Colorado Springs' neighborhoods. The outreach staff exports ACS classes to apartment complexes, provides information and referral services and offers free pre-school classes for children ages 3 to 5. The staff also visits newcomers to Fort Carson to provide information packets that include brochures, maps, the *Mountaineer* newspaper, etc. For more information, call 526-4590.

The Family Member Employment Assistance Program presents a "Contract Employment Workshop" Sept. 28 from 1 to 1:30 p.m. The workshop is designed to introduce individuals to the requirements and process of submitting a bid for a contract at Fort Carson. For more information, call 526-0452.

The Army Family Advocacy Program offers "Raising Kids in Troubled Times." This ongoing program meets Tuesday evenings from 6 to 7:30

contract positions for individuals who would like to join the team. If you would like more information pick up a packet at the Family Member Employment Assistance program or call 526-0452.

The American Red Cross is holding volunteer's orientation classes Sept. 28. For more information, call 526-7589.

The Enlisted Spouse's Charitable Organization hosts an installation-wide coffee social at the Friendship House, building 1354, Monday at 7 p.m. For more information, call 526-1070.

The Colorado Springs Pioneers Museum is seeking individuals to volunteer as museum docents. Docents are volunteer educators who provide tours of the museum to groups of children and adults. A two-day program is scheduled for Today and Monday. For more information, call Matt Mayberry at 578-6650.

The 3rd Cavalry Museum is in constant need of volunteers to assist in several areas of the museum. Volunteers should be motivated self-starters who enjoy working with the public. Volunteers work flexible hours between 10 a.m. and 4 p.m. Monday through Saturday. For more information, call 526-1404.

Renee Hilman, a civilian employee at Army Community Service, is in need of leave donations as she fights bone cancer. Civilians who would like to donate annual should call 526-4590 or Nancy Montville at 526-0460.

The Fort Carson Safety Office conducts the following safety courses in building 1117: Motorcycle Safety Course, classroom 309A, from 7:30 a.m. to 4:30 p.m.: Sept. 28; Nov. 9.

Three-Day Safety Officer Training Course, classroom 223, from 9 a.m. to 5 p.m.: Oct. 4 to 6 and Nov. 22 to 29.

Quotas for each SOTCs are: 10 SFG(A) - 4; 3rd ACR - 9; 3rd BCT - 8; 43rd ASG - 7 and USAG - 1.

Hazard Communication Train-the-Trainer, classroom 303B, from 12:30 p.m. to 4 p.m.: Nov. 9

For more information on safety courses, call 526-8044 or 526-3123.

The Mountain Post Action Council meeting is Wednesday. For more information, call 526-0428.

Cheyenne Mountain School District is looking for food service workers. Monday through Friday for day shifts. These part-time positions are located near Fort Carson. For more information,

more information call 526-4590. Education Center at 526-4590. ACT's website at www.act.org

The Pikes Peak Area Chamber of Commerce is hosting "A Salute to Heritage" Oct. 7 at the Penrose Equestrian Center. Advance tickets are \$10 for a couple. For more information, call 526-4590.

The 21st Boosters' Stars of Music Competition is being held at the Fort Carson Force Base Auditorium. For children 3 to 12 years old. Doors open at 6 p.m.

The Collbran Community Center is looking for job corps to assist in the program. For more information, call 526-8287.

Child and Youth Services Board meets the third Tuesday of the month at 5 p.m. in building 1117. Call 526-7617 for more information. Care providers are always welcome.

The Children's Services Foundation is seeking children on Fort Carson for having a dream. The foundation makes wishes come true for children with life-threatening illnesses. Call (973) 361-7366 for more information.

Child and Youth Services Programs are for pre-schoolers 3 to 5. Classes are co-taught with parent and child. Classes are as follows:
• KinderMusik (children 3 to 5, 10:30 a.m. Session is four weeks)
• Computer Tots (children 3 to 5, 10:30 a.m. Session is four weeks)
• Computer Lab (parent and child, from 10 to 10:30 a.m.)
• Craft Workshop (parent and child, Wednesdays from 10 to 11 a.m., free.

For information,

The Youth Services Center is remodeling and moving. The center will continue to provide services during the move.

Military Briefs

First Battalion, 12th Infantry will conduct annual Nuclear, Biological and Chemical training Oct. 7 from 7:30 a.m. to 2:30 p.m. For more information, call 526-2005.

First Battalion, 68th Armor, Recon. platoon will be using the Nuclear, Biological and Chemical chamber on Range 72 Sept. 30 from 7 a.m. to 4 p.m. For more information, call 526-1107.

The Central Issue Facility will be closed Sept. 24 for inventory. Normal hours will resume Sept. 27. Reminder children under the age of 17 are not authorized to be in the building. For more information, call 526-6477.

Physical Exams section will be closed Today and will reopen Monday. This section will relocate to Troop Medical Clinic 10 permanently. For more information, call 526-7961.

The Records Management Class will be Wednesday from 9 a.m. to 4 p.m. in building 1550, classroom A, for all units. This course will include instructions on the Privacy and Freedom of Information Acts, the Modern Army Record keeping System, Army Correspondence and Forms Management. Military and Department of the Army civilian personnel wanting to attend must submit a memorandum with name, rank, organization and point of contact to Management Services Branch at close of business. For more information, call Duane Gregorich at 526-2107.

The Fort Carson Range Division will close Today at 1 p.m. The range safety class will be given Today at 9 a.m. in building 9550. For more information, call 526-9714.

Military personnel ETSing or starting transition leave in December must attend a mandatory ETS briefing at the Elkhorn Conference Center Monday at 7 a.m.

The Service Corps of Retired Executives is holding a "Starting and Building Your Own Business" seminar Sept. 22 from 8 a.m. to noon in building 1118, room 182. Registration is at the Army Career and Alumni Program center by the close of business Sept. 20. A \$15 fee is required for the SCORE packet.

The Korean War Veterans Association

Uniform changes

"Dutch" Nelson Chapter meets every third Saturday of the month. All active and retired members of the military community are welcome. For more information, call 444-0399.

Peterson Air Force Base is hosting a POW/MIA ceremony Today at the base chapel from 3 to 4 p.m. For more information, call 556-4698.

The 759th Military Police Battalion hosts a military ball Sept. 23 at the Elkhorn Conference Center in celebration of the 58th Anniversary of the Military Police Corps. Military police corps regiment members past and present are welcome. For more information, call 526-8006 or 526-9980.

The Sergeant Audie Murphy Club Event Calendar is as follows:

Meetings: Sept. 23, Oct. 21, Nov. 18 and Dec. 16. All meetings begin at 3 p.m.

Induction Ceremonies: 4th Quarter Board, Oct. 15 at 1 p.m.

Induction Ceremony Rehearsals: Oct. 13 and 14. All rehearsals are from 1 to 3 p.m.

Induction ceremonies and rehearsals are held at McMahon Theater. All other events are conducted in the main conference room of building 1430. For more information, call 526-2409.

Heavy training is expected on Fort Carson gunnery ranges Sept. 27 through October. This training may cause limited disturbances to neighboring communities. For more information, call 526-8399 or 526-3420.

Contributors are needed for the Mountaineer. If you have writing skills and would like to help get your unit's story out, the *Mountaineer* is looking for people to write occasional stories for publication. The *Mountaineer* staff provides training. For information, call 526-4144, ask for the editor.

Grant Post Library has paperback books available for units departing Fort Carson for training. Boxes of new, popular paperbacks (maneuver book kits) can be obtained easily. No paperwork or prior planning is required and the books do not need to be returned. The soldier responsible for the unit must come by, provide the name of the unit, the number of soldiers going to training and the length of time they will be gone. Call 526-8144 for more information.

If you are a soldier with Web and/or Internet protocol experience who can be released from your unit for duty at the Public Affairs Office, call Maj. Kent Cassella at 526-1269. Training is available for this position.

The Army and Air Force Exchange Service service station in building 1515 on Chiles Avenue now accepts GSA-Vovager credit cards. The card

The 4th Person Card/DEERS Section is moving to building 1118, room 182. For more information, call 526-8423.

If you are PCSing to Asia, or if you are a military member, you need anthrax immunization. Reporting is mandatory. Report to the Immunization Processing site, building 1118, room 182 and upstairs from the Immunization site. Immunizations are given on Thursdays.

The South Carolina Army National Guard has several vacancies in its branches for lieutenant colonels leaving active duty. For more information, call 526-8423.

Soldiers separating from the service during a deployment or deployment should attend the Alumni program at the ACAP Center in building 1118, room 182. For more information, call 526-8423.

The Army Recruiting Center is looking for the Recruiter Team. For general information, call (800) 223-3735 or visit the following Web site: www.army.mil

The Directorate of Training is offering classes:

- Forklift Examination, 19.
- Driver Examination, 31.
- Bus Driver Course, 15-19 and Dec. 15-19 and Dec. 15-19.
- Accident Avoidance Course, 15-19 and Jan. 20.

Courses are restricted to military and civilian employees and separate activities are scheduled for 50 students.

See your unit training officer for more information, call 526-8423.

Editor's note: The deadline for the *Mountaineer* is 5 p.m. on the date.

Fraud, waste and abuse

The Fort Carson

Command operations

Hotline. The hotline

is available to report

Get Out!

Free concert

"Petra," a well known Christian rock band is in concert today at 7 p.m. at Pershing Field. Concert is free for everyone; bring a blanket or lawn chair.

Magic show

Magic, comedy and illusions. "Colorado Springs' stars of magic is today at 7 p.m. in the Peterson Air Force Base auditorium. The extravaganza features local professional magicians on stage and in the audience before the show and during intermission. Doors open at 6 p.m., the show is at 7 p.m. Admission is \$4 for adults and \$2 for children ages 3 to 12. The auditorium is on Peterson Boulevard — the main street into Peterson from the Highway 24 entrance.

Children's museum

The Children's Museum has a "Handy Kids House" with cutaway, clear walls so children can see everything that makes up a house. The Children's Museum of Colorado Springs is located on the upper level of the Citadel Mall, at the corner of Platte Avenue and Academy Boulevard. It is open from 10 a.m. until 5 p.m. Monday through Friday and until 5:30 p.m. on Saturday. On Sunday, it is open from noon until 5 p.m. Admission for ages 1 to 18 is \$3; adults are admitted free.

Dinosaurs

The dinosaurs are coming, the dinosaurs are coming. Sponsored by the Children's Museum, robotic, computer controlled, dinosaurs are on display in the Citadel Mall on the upper floor, near the Children's Museum. "Dinosight!" is open from 10 a.m. until 7 p.m. Friday through Saturday and from noon until 5 p.m. Sunday. Monday through Thursday the hours are 10 a.m. until 6 p.m. Admission is \$3. There is a combination ticket, which allows visitors into the dinosaur exhibit and the Children's Museum. The dinosaurs will be at the Citadel until mid-January.

Rock and roll

Radio Station KDZA presents a Rock and Roll Revival Oct. 23 at 7 p.m., in Pueblo Memorial

Auditorium, 1 City Hall Place. The Rock and Roll Revival stars Lesley Gore, Sam the Sham, Brian Hyland, Gary Lewis and the Playboys and Little Eva. Tickets start at \$22.50 and are available at TicketMaster or 520-9090.

Talent show

Watch senior citizens show their talent in "Space Age Odyssey 2000 Countdown" Sept. 24 at 6:30 p.m. at the Fountain Valley Senior Center. Tickets are \$7 at the door, 5075 Southmoor Dr., in Fountain. Light refreshments are available.

Pueblo aircraft museum

"Open Cockpit Day" at the aircraft museum in Pueblo is at 10 a.m. to 2 p.m. Sept. 25. The Bell H-47 helicopter is the featured aircraft. The H-47 was the first helicopter used by the Army during the Korean War and was featured in the TV series M*A*S*H. The open cockpit day is free. Take Interstate 25 south to Pueblo, taking the Highway 50 east exit to Memorial Airport.

Colorado day at the zoo

Cheyenne Mountain Zoo admits Colorado residents for half price Saturday and Sunday, from 9 a.m. until 5 p.m. Show your Colorado driver's license. The zoo is at 4250 Cheyenne Mountain Zoo Rd.

Superbikes

The superbikes are racing at Pikes' Peak International Raceway. Sept. 17 to 19. Superbikes are racing motorcycles that have been modified. Call 382-7223 for ticket information.



Bikes at last year's race round a curve.

Photo courtesy PPIR

Rock

The annual "Colorado Festival" is today, Saturday, at Ledge Ranch. One of the features several tents for antiques, clothing, toys, food and lots of it. Admission is \$1 for children. Proceeds go to the House. Today's hours are 9 a.m. to 6 p.m. Tomorrow's hours are 10 a.m. to 6 p.m.

Plan to attend the Frijole Festival Sept. 24. The aroma of roasting chiles and chile tasting, the music, contests and a parade at 5 p.m. with a kickoff of entertainment. The festival is at Grand, in downtown Pueblo. There's no admission.

Oktoberfest

It's that time of year when the smell of braised pork and beer spirit at these Oktoberfest celebrations.

- Oktoberfest on Friday, Sept. 17, until 11 p.m. Friday and 10 p.m. Sunday. There's a parade in Square is in downtown Pueblo. Streets. This Oktoberfest has a "bier garten" tent.

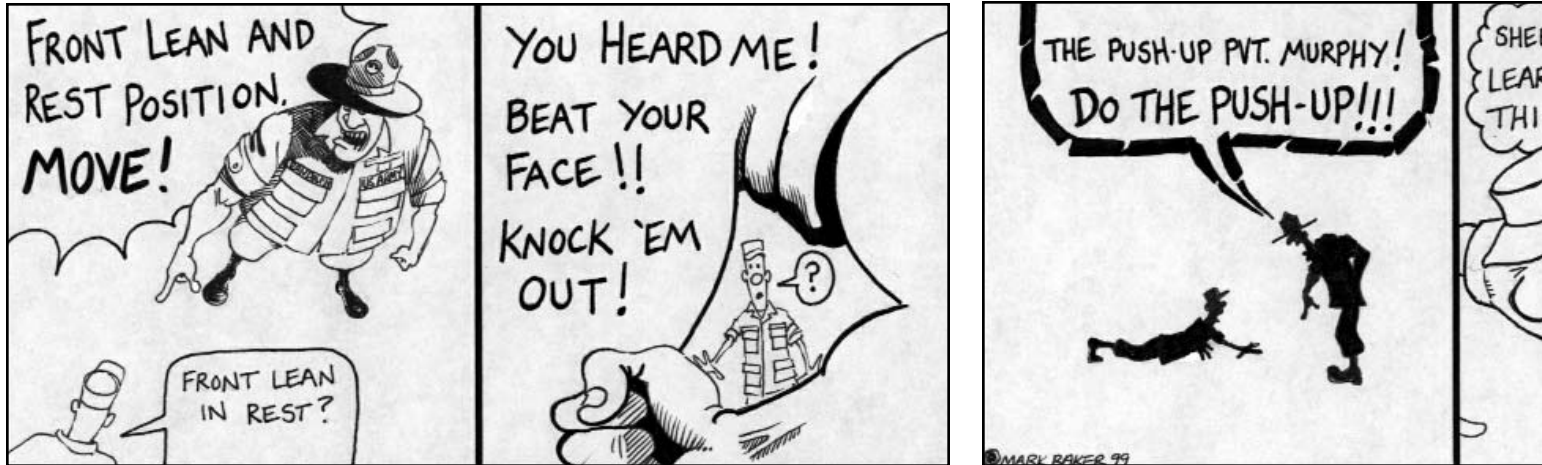
- Rocky Mountain Oktoberfest at Woodland Park is Oct 1 to 2. Features live bands, beer and a parade. Shows and arts and crafts from 10 to 11 p.m. Oct. 1 and 2. Woodland Park Saddlery. Admission is \$3 to \$5. Square is in downtown Pueblo.

- Oktoberfest 1999 at Center Indoor Arena. Features dancing, a craft fair and food. Tickets are \$5 at the door for adults, free. Hours are 5 p.m. to 9 p.m. and 9. The site is on 21st Street and 21st Street.

- Six Flags Elitch Gardens Oktoberfest Saturday, Sept. 25, and 26, from 10 a.m. to 6 p.m.

Pvt. Murphy's Law

by Sgt. 1st Class Mark Baker



B8

MOUNTAINEER
September 10, 1999

Happenings

McMahon Theater Movies